

Speakers & Lifelong Experts

Cheryl Beery
Libby Ribold
Ed Riley
Barb Wybrecht
Rob Wybrecht
Katrina Chisholm

Teresa Kellerman
John Kellerman
Steven Holl
Sondra Beery
Deb Evensen
Kathy Mitchell

Conference Committee

Bob, Cheryl & Sondra Beery
Dave, Judy & Eric Amon
Sheron & Katrina Chisholm
Judine Leavitt
Sue Pahl
Martie Manty
Karyann Clark

Conference Coordinator

JoCindee Sawaquat
231-883-1088
jcsurya@aol.com

Cabins



Lake

Dining Hall



Conference Sponsors

Catholic Human Services
Centers For Disease Control and Prevention
Speckard-Knight Foundation
Prevention Network
FAS Center For Excellence
National Organization for Fetal Alcohol Syndrome
First Christian Church Traverse City
Fetal Alcohol Concerns Everyone (FACE-IT)



JoCindee Sawaquat
Catholic Human Services
1000 Hastings Street
Traverse City, MI 49686

Being Our Best

with



F.A.S.

A Conference By and For Individuals With Fetal Alcohol Syndrome and other Prenatal Alcohol Effect Conditions

Camp Henry

August 19-22, 2004
Newaygo, Michigan

Each participant must be age 15 or older and be accompanied by one adult support person.

Limit: 50 participants 50 support persons



Camp Schedule

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F.A.S.



THURSDAY

- 6-9 p.m. Arrive at Camp
6-8:30 p.m. DINNER and Tour of Camp
8:30 p.m. Welcome,
JoCindee Sawaquat,
Conference Coordinator,
Catholic Human Services
8:45 p.m. Brain Gym Fun-
Cheryl & Sondra Beery

FRIDAY

- 8:30 a.m. BREAKFAST
9:15 Brain Gym Fun- Cheryl & Sondra Beery
9:30 How My FASD Brain Works &
How To Cope With It- Ed Riley
10:15 Zero Drinking/Drug Use= Zero Risk
Kathy Mitchell
11:00 Smaller Group Sessions,
Choose One
- Easy Rules to Remember:
- Stay Safe, Healthy & Happy
- Reducing Stress and Tension Through
Body Movement
- Safe Things To Do When You Get Angry
12:00-1:00 LUNCH
1:00- 4:00 RECREATION
Your Choice-
Beach Activities-
Swimming, boating, fishing;
Nature Trails; Volley Ball; Teether
Ball; Tower Climbing; Horseback
Riding, Hands on Creativity-clay,
Etc. Ropes Course (Extra Fee)
4:00 Storytelling—Steve Holl
5:30 Small Group Discussion
6:00- DINNER
7:00 Pre-Campfire Skit Groups
8:00 Line Dancing/Board Games
9:00 Campfire, Skits and Stories
10:00 Lights Out

SATURDAY

- 8:30 A.M. BREAKFAST
9:15 Brain Gym Fun
9:30 We Can Prevent FASD- Kathy Mitchell
10:15 Advocating For Myself at School
Deb Evensen & Rob Wybrecht
11:00 Small Group Sessions
Choose One
- Teaching Employers About FASD
- Learn How To Meet Safe People And Keep
Good Friends Who Don't Use Drugs or Alcohol
- Be A Great Role Model For Family & Friends
By Not Using Drugs or Alcohol
12:00 LUNCH
1:00-5:00 RECREATION
6:00 DINNER
7:00 Safe and Fun Dating Panel Discussion-
FASD Youth
8:00 Social Dance
9:00 Campfire

SUNDAY

- 6:30-9 a.m. BREAKFAST, CLEAN-UP, DEPART

Pickeral
Lake
Lodge



Registration Form

For alcohol affected individuals age 15 years and older.
Each person must be accompanied by a support person.

Name _____

Address _____

City/State/Zip _____

Telephone: () _____

Support Person: _____

Address: _____

City/State/Zip: _____

Telephone: _____

E-mail Address _____

Special Dietary Needs _____

Special Accommodations?

Plan to do Ropes Course: ☐ Yes ☐ No

Cost: Additional \$30, Send with Registration

I understand that I am responsible for my own actions, and that there is to be no smoking, no use of alcohol or other drugs and no violence at this conference. The rules are: I respect myself and I respect the person, property, and space of others. If I do not abide by these rules, I will be required to leave the conference.

Signed _____

Support Person Signature _____

Cost of conference: \$75.00 per person

Return by July 1, 2004

Please make checks
payable to:

Catholic Human Services

ATTN: JOCINDEE SAWAQUAT
1000 Hastings St
Traverse City, MI 49686

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Phone: (231) 883-1088